



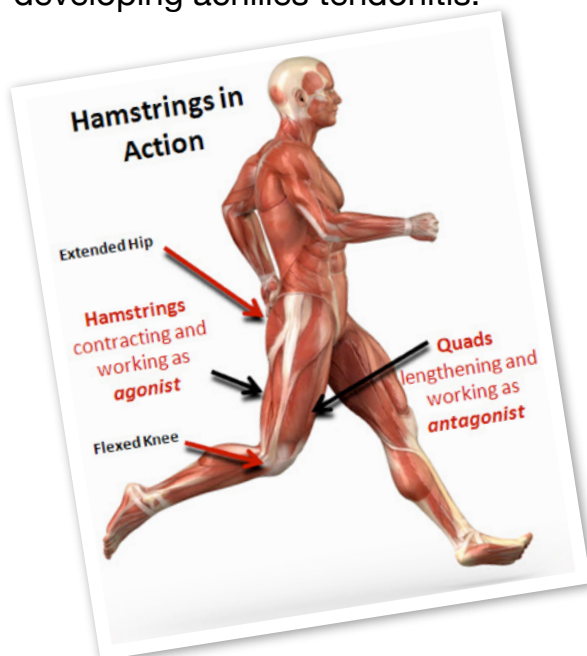
Tip of the Week

Anytime, Anyplace, Anywhere stretches

Week 11 of 52 – stretches that maintain posture

Top Tip Number 11

If you spend a lot of time sitting at a desk or in a car, remember to take a break from your seated posture. The simple stretch shown can really help. The muscles that benefit from this stretch are the hamstrings, a group of muscles at the back of the thigh. 'Tight' or 'short' hamstrings can reduce your stride when walking and running and this can cause the joints of the lower back to be overused. Another group of muscles that benefit from this stretch are the calf muscles. The main calf muscle (gastrocnemius) attaches to the heel bone by the achilles tendon. Keeping this muscle flexible can reduce your risk of developing achilles tendonitis.



Gently take your chest forward to increase the stretch.

Hold your stretch for 20 seconds.
Stretch both sides.

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